

# NOVEMBER 2010 ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1)  9:30am - Chair Yoga 10:30am-Computer Class 10:45am Margaret Kane 12:30pm- Mah Jong 12:30pm Women's Bridge 6:45pm- Duplicate Bridge	2)  <b>CLOSED ELECTION DAY</b>	3)  9:30am- Chair Yoga 10:00am- Knitting 10:00am – Chess 10:30am- Cribbage 10:30am- Mindful Breathing 12:30pm- Men's Bridge 1:00pm- Dance Music	4)  9:30am- Senior Strength 10:30am- Blood Pressure 1:00pm- Bingo 1:00pm- Wood Carving	5) <b>CLOSED</b>  <b>BARRINGTON LIBRARY BOOK SALE</b>
8) 8:30am Medicare D 9:30am - Chair Yoga 10:30am-Computer Class 12:30pm- Mah Jong 12:30pm Women's Bridge 6:45pm- Duplicate Bridge	9) 9:30am- Painting 9:30am- Senior Strength 10:00am- Discussion Group 12:30pm -Painting 1:45pm- Chorus – Winslow Gardens	10) 9:00am Manicures 9:30am- Chair Yoga 10:00am- Knitting 10:00am – Chess 10:30am- Cribbage 10:30am- Mindful Breathing 12:30pm- Men's Bridge 1:00pm- Dance Music	11)  <b>CLOSED</b>  <b>VETERANS DAY</b>	12) 8:30am-Shopping 9:30am Tai Chi 10:00am-Scrabble Club 1:00pm Yoga
15)  9:30am- Chair Yoga 10:30am- Computer Class 12:30pm -Mah Jong 6:45pm- Duplicate Bridge	16) 9:30am- Painting 9:30am- Senior Strength 12:30pm- Painting 1:00pm- Chorus 3:00pm AARP Class 7:30pm- Friends Annual Mtg	17) 9:30am- Chair Yoga 10:00am- Knitting 10:00am – Chess 10:30am- Cribbage 10:30am- Mindful Breathing 12:30pm- Men's Bridge 1:00pm Rockettes Trip No Dance Music	18) 9:30am- Senior Strength 10:30am- Blood Pressure 1:00pm- Bingo 1:00pm- Wood Carving 7:00pm- SSAB Meeting	19) 8:30am-Shopping 9:30am Tai Chi 12:00 pm Chair Massage 12:15pm Flowers for Everyone Trip 10:00am-Scrabble Club 1:00pm- Thanksgiving Party 1:00 pm Yoga (up)

22)  9:30am- Chair Yoga 10:30am Computer Class 12:30pm -Mah Jong 6:45pm- Duplicate Bridge	23)  9:30am- Senior Strength 9:30am-Painting 10:00am- Discussion Group 12:30pm- Painting	24) 9:00am Manicures 9:30am- Chair Yoga 10:00am- Knitting 10:00am – Chess 10:30am- Cribbage 10:30am- Mindful Breathing 12:30pm- Men's Bridge No Dance Music	25)  <b>CLOSED THANKSGIVING DAY</b>	26)  <b>CLOSED THANKSGIVING HOLIDAY</b>
29) 9:30am- Chair Yoga 10:30am Computer Class 12:30pm - Mah Jong 6:45pm- Duplicate Bridge	30) 9:30am- Senior Strength 9:30am-Painting 10:00am- Discussion Group 12:30pm- Painting 1:00pm -Chorus			

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Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) Escarole & Bean Soup <b>Italian Sausage</b> Roasted Peppers & Onions Grinder Roll Sports Bar <i>(Tuna Salad on Grinder Roll)</i>	2)  <b>PRIMARY DAY</b>	3) Cranberry Juice <b>Pub Burger w/Condiments</b> Baked Beans Cole Slaw Hamburger Roll Tapioca Pudding <i>(Hot Dog on a Roll w/Condiments)</i>	4) Chicken Noodle Soup Liver & Onions Whipped Potatoes Seasoned Peas White Bread Fresh Fruit <i>(Italian Grinder)</i>	5)  <b>CLOSED BARRINGTON LIBRARY BOOK SALE</b>
8) Low Sodium Tomato Juice <b>Italian Style Chicken Cutlet</b> Shells w/Tomato Sauce Winter Blend Vegetables Italian Bread Sliced Pears <i>(Italian Tuna on Italian Bread)</i>	9) Lentil Soup <b>Country Crisp Fish</b> Baked Potato w/ Sour Cream Green Beans Oat Bran Bread Chocolate Pudding <i>(Turkey &amp; Cheese on Oat Bran)</i>	<b>10) Veterans Day Celebration</b> Minestrone Soup <b>Meatloaf w/Gravy</b> Mashed Potatoes Mixed Vegetables Pumpnickel Bread Sour Cream Coffee Cake <i>(Ham Salad on Pumpnickel)</i>	11)  <b>CENTER CLOSED (Veterans' Day)</b>	11) Cream of Broccoli Soup <b>Chicken Cacciatore</b> Oven Roasted Potatoes Parsley Sliced Carrots Marble Bread Ice Cream Sandwich <i>(Tuna Salad on Marble)</i>
15) Chicken Soup w/Anci Di Pepe <b>Stuffed Cabbage w /Sauce</b> Wild Rice Broccoli Cuts Dinner Roll Vanilla Pudding <i>(Turkey Salad on Wheat)</i>	16) Apple Juice <b>Swedish Meatballs</b> Buttered Noodles California Blend Vegetables Rye Bread Mandarin Oranges <i>(Egg Salad on rye)</i>	17) White Chowder w/ crax <b>Krunch lite fish fillets w/tartar sauce</b> Cole Slaw Lyonnaise Potato Rye bread Fresh Fruit <i>(Corn beef &amp; Swiss w/ mustard on rye)</i>	<b>18) Happy Birthday</b> Corn Chowder <b>Boneless BBQ Chicken Breast</b> Baked Beans/Mixed Vegetables Pumpnickel Bread Frosted Cupcake <i>(Honey Ham &amp; Cheese/Pump.)</i>	<b>19) Thanksgiving Party</b> Pumpkin Soup <b>Roast Turkey w/Gravy</b> Corn Bread Stuffing Peas & Pearl Onions Snowflake Roll Apple Pie w/Topping <i>(Seafood Salad on a Roll)</i>
22) Beef Noodle Soup <b>American chop suey</b> Seasoned Corn Rye Bread Chocolate Pudding w/Topping <i>(Pastrami w/Mustard on Rye)</i>	23) <b>Brunch for Lunch</b> Orange Juice <b>Cheese Omelet</b> Linguesa Potato Wedges Fruited Yogurt	24) Pasta & Bean Soup <b>Veal Parmesan</b> Seasoned Shells Italian Blend Vegetables Italian Bread Hoodsie Cup <i>(Salami &amp; Provolone on Italian)</i>	<b>25)</b>  <b>CENTER CLOSED  HAPPY THANKSGIVING</b>	<b>25)</b>  <b>CENTER CLOSED</b>

29) Beef Vegetable Soup <b>Chicken Marsala</b> Garlic Mashed Potatoes Baby Whole Carrots Wheat Bread Apricot Half (Meatloaf on Wheat w/Ketchup)	30. Split Pea Soup Baked Ham w/Glaze Sweet Potatoes Spinach Rye Bread Chocolate Chip Cookies (Chicken Loaf, Cheese on Rye)		<b>1% Milk and Coffee or ea  served with the meals.</b>	<b>Thank you all for your  donations. Your generous  donations continue to keep  this program running.</b>  <b>Please call at least 24 hours  in advance for a reservation  or cancellation.</b>
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